TERRA ELBOW GUARDS

	Measure bicep around widest point		Measure forearm 5-6" below elbow	
XS	10–11.5"	25.5–29 cm	6–7.5"	15–19 cm
S	11.5–12.5"	29–32 cm	7.5–8.5"	19–21.5 cm
M	12.5–13.5"	32–34.5 cm	8.5–9.5"	21.5–24 cm
L	13.5–14.5"	34.5–37 cm	9.5–10.5"	24–26.5 cm
XL	14.5–16"	37–40.5 cm	10.5–12"	26.5–30.5 cm